

3-8-01

The ValleyStar

VOLUME 55, ISSUE 3

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March 8, 2001

Ballers ousted from playoff

■**BASKETBALL:** The Monarchs' hopes were extinguished with a loss to Moorpark 84-74

By VICTOR CORONA
STAR REPORTER

The men's basketball team was denied its chance for a second consecutive state tournament appearance Saturday in Moorpark as the third seeded Raiders defeated the Monarchs 84-74 in the south regionals.

The Raiders used a 40-point performance from shooting guard Devin Montgomery to end the Monarchs' quest for a second consecutive tourney appearance. "Their one player played a great game and his team fed off him," said sophomore center Michael Crawford, who finished his career at Valley with seven points in the game. "He [Montgomery] did to us what (Michael) Jordan did to the (Utah) Jazz a couple of years ago in the finals. Every time he threw up a shot, it seemed to go in."

The Monarchs got off the gate quickly, jumping out to a 10 to 2 start. The lead didn't last long for the Monarchs, as Raiders went on 10-0 run the next two minutes to take a 12-10 advantage.

After a free throw and put back from sophomore forward Isaac Brooks, the Monarchs regained the lead at 13-12 with 12:52 remaining in the first half. That lead was significant because it was the last time the Monarchs had the advantage in the game. From that point on the Monarchs were outscored 34-18 to end the first half; 18 of the 34 points came from Montgomery. "I don't know what to say, but they just beat us in every way," said freshman guard Chanzie

SEE HOOPSTARS, PAGE 6

Valley Student Completes Marathon

Clockwise from left: Valley student Hasmik Yacoubian anxiously awaits the start of the marathon. Yacoubian crosses the finish line to complete her first marathon. Hasmik and her friend Joy Ramos show off the medals they received after finishing the race.

Salvador Aguilar/Valley Star



Review

One man hits on black culture

■**THEATER:** Randy Saint Martin through his vignettes lets us see his world through his eyes.

By LINDA TOPDJIAN
STAR REPORTER

"Color Me Black: A One Man Show," played to a full house in the Horseshoe Theatre at Valley College as a part of Black Heritage Month.

The theatre lights darkened. Bright lights came on showing a bare stage, except for a few props in the background. Director and performer Randy Saint Martin took the audience through five separate vignettes in a little over an hour.

"Good performance, touches on black issues, such as single parenthood, and man's quest to find his identity," Phillip Castillo said.

Saint Martin opened the show as a young, fatherless boy whose mother is seeking a second husband from amongst three suitors: Mr. Milkman, Mr. Twoman, and Mr. Suit.

"It was fun and likable; [it] made me proud and happy to be at this play," Derrick Ballard said.

During the second vignette, Saint Martin portrayed a San Pablo pimp who once had a stable of fillies and is now nothing more than a broken-down, homeless wino with a faithful dog and some dreams about the past.

"The play really moved me, with his reality style of acting."

Health is a habit

■**CAFETERIA:** Fast food is short on nutrition.

By ANDREA ZOLLMAN
STAR REPORTER

Students can eat a balanced meal at Valley College's cafeteria if they make the effort, says registered dietician and nutrition instructor Jeanne Polak-Recht.

"What's in short supply are fresh vegetables, and lean meats," she says.

Polak-Recht says that variety is a key to nutrition. And at first glance, Orion Food Systems franchises Smash Hit Subs, Eddie Peppers and Mean Gene's Burgers, plus a salad bar and sundry other snacks and beverages, give students a dizzying array of alternatives.

"If the same things appear every day, that can get tiresome," she says. Students need to look at the variety of foods

they consume.

Student Erik Neri eats at the cafeteria's salad bar when he is at school. He says the cafeteria should offer more vegetables and fruits, and less greasy items.

"They need to be able to select from the food pyramid," Polak-Recht says.

The food pyramid, used by the Department of Agriculture and the Department of Health and Human Services, illustrates a guide to daily food choices that individuals can follow to ensure they receive the nutrients required for good health. Foods are broken into groups such as bread, cereal, rice and pasta; vegetable; fruit; milk, yogurt and cheese; meat, poultry, fish, dry beans,

eggs and nuts; and fats, oils and sweets.

The higher the food group appears on the pyramid, the fewer the servings of that group allowed. "Fats, oils and sweets sit at the top of the pyramid and, according to the food pyramid, should be used sparingly.

Polak-Recht says that if customers want to control calories while patronizing the cafeteria, they can. To grow thinner, which is what

Polak-Recht calls losing weight, the bottom line for caloric intake is no less than 1200 calories per day. Anything lower than that and the body can go into a "starvation mode." If the body receives fewer calories than it

needs to function, it becomes deprived of energy. When a person goes off a diet and starts consuming more calories, the body burns fewer calories and that person will gain weight.

"If they [students] eat a hamburger once in a while, that's not the biggest dietary mistake," Polak-Recht says. However, eating cheeseburgers five days a week could cause some trouble. Students have to be selective when making meal choices.

Students have salads, yogurt, fresh fruits, vegetables and lean meat sandwiches such as turkey and roast beef available to lunch on.

Without the cheese and salad dressing, many of Smash Hit Subs sandwiches contain no more than six grams of fat, says Orion's territory specialist, Cynthia Truitt.

According to nutritional information provided by Orion,

SEE NUTRITION, PAGE 4

SEE COLOR, PAGE 4

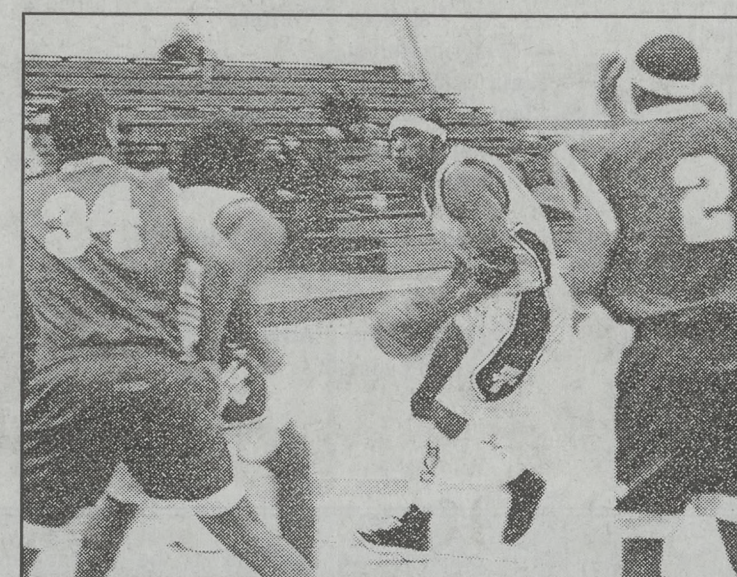
Vice President makes changes



Randahl Fitts/Valley Star

Tom Jacobsmeyer, the new Vice President of Administrative Services attends to the duties of his office. He started at Valley College on Feb. 12. He had the same position at Los Angeles Southwest College.

InsideStar



Page 5 Basketball

Monarchs try to repeat last years performance, but first they have to go up against ,third seed, Moorpark College.

Page 2 Marijuana

Would you smoke marijuana if it was legal? Find out what your fellow peers think about the issue.

EDITORIAL WHAT'S SO FUNNY?

Does the mere mention that you're attending a community college make other people chuckle?

Are you considered less of an intellectual because you're enrolled in classes here at Valley or any other community college?

In the various institutions of higher learning in the United States, community colleges are seen as the butt of jokes in the cerebral halls of academia. Jay Leno and David Letterman have certainly told their share of these jokes at our expense, which ultimately make students feel as if they are walking into the scholarly halls of disgrace.

So why do people see us in this dim light? Was it because we didn't make a direct beeline to universities such as Berkeley or Stanford? Is it because some students haven't even bothered taking the SATs? Or to put it in simpler terms: Are we just dumb?

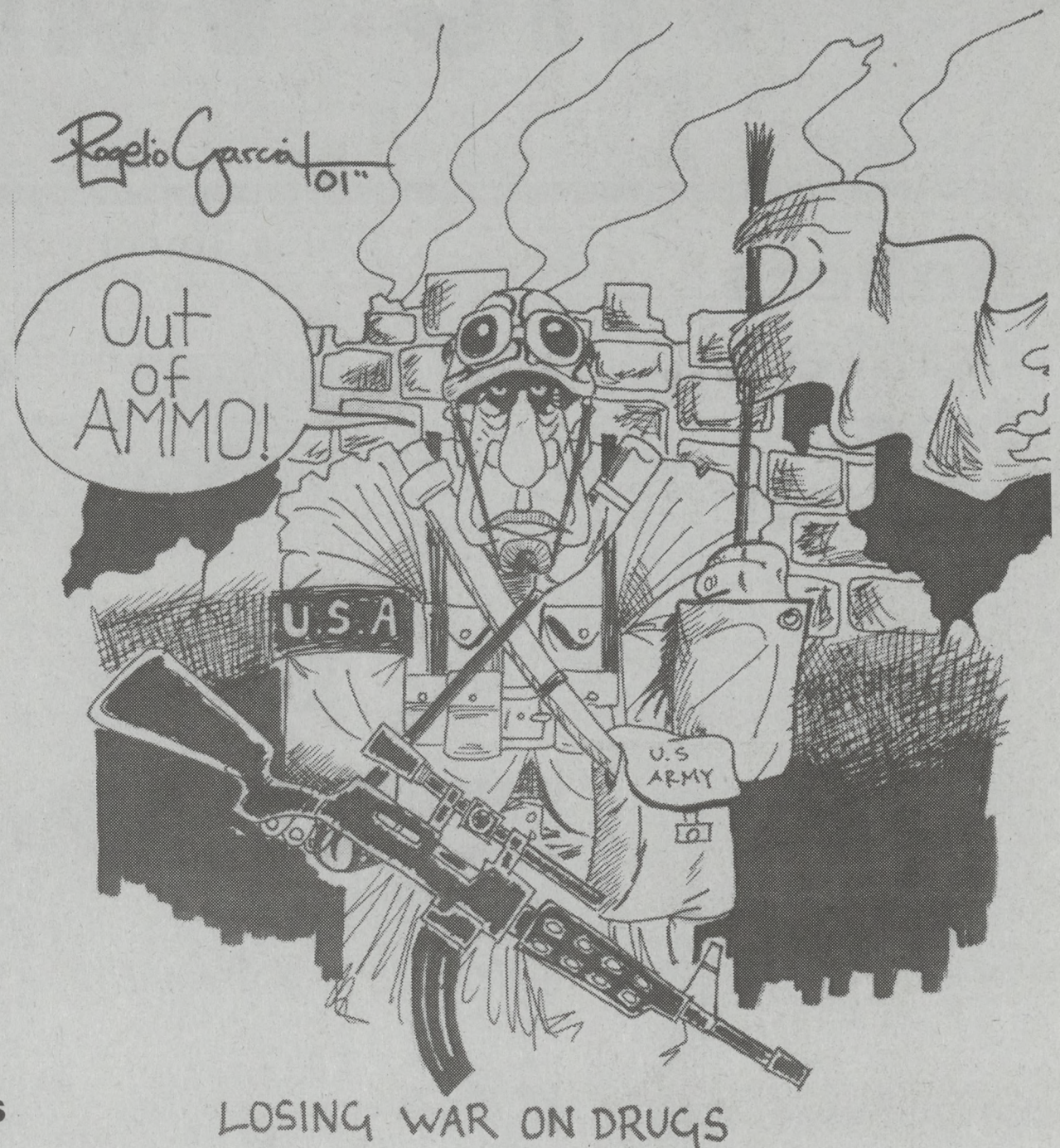
This is certainly the manner in which we are being portrayed—dumb and unfit for actual higher learning. Yet what these people fail to see is that education in all its forms is still just as valuable as, say, an English Literature class in Berkeley. Knowledge, wherever you get it, is still knowledge.

One of the benefits of attending a community college is that it is also an economic way to complete general education courses which would cost considerably more if you took them in a university. Overall spending will be somewhat less of a burden to students transferring to a university after having completed a degree program.

It also eases the students into college life so the experience won't be so shocking when they transfer to a university. According to psychologist David Brown, students that come out of a community college setting adapt to university life much quicker than students that didn't. Part of the reason is that a college is a small-scale version of a university where students become accustomed to a routine and the basic rules that apply to all schools of higher learning.

There is no shame in being a student in a community college, after all; it is the first stepping stone on the long path that leads to our future. And when we take the next step—be it Berkeley, Stanford or wherever you choose—we will take with us the experience we gained. Or to put it in other terms: We will be better prepared.

So who is laughing now?



Viewpoints Movie Ticket Prices

By E.N. ZACARIAS
STAR REPORTER

During the Great Depression, movie goers looked to the movies to keep their minds off their economic woes and escape this bitter reality if only for an hour or two. Yet now, Americans still turn to the movies for entertainment, except today the price of the ticket to escape reality via the silver screen has risen considerably. In fact, movie ticket prices in New York are already reaching the \$10 mark.

A studio would make a feature film that cost millions of dollars and release it widely to movie theaters hoping it would draw a crowd to see it. However, the movie-going audience determines the popularity of the film, which make it either a bomb or a box office success.

But what happens when the movie is a bomb? It still runs in theaters at the same viewing price until its allotted running time is over and it is taken out of the theaters—and in most cases, quickly re-released on home video.

This year hasn't exactly started off with stellar offerings and with the rising prices of movie tickets, most movie goers are now carefully considering their choices. Do studio executives and theater chains honestly expect the public to blindly pay \$9 to see "Monkey Bone?"

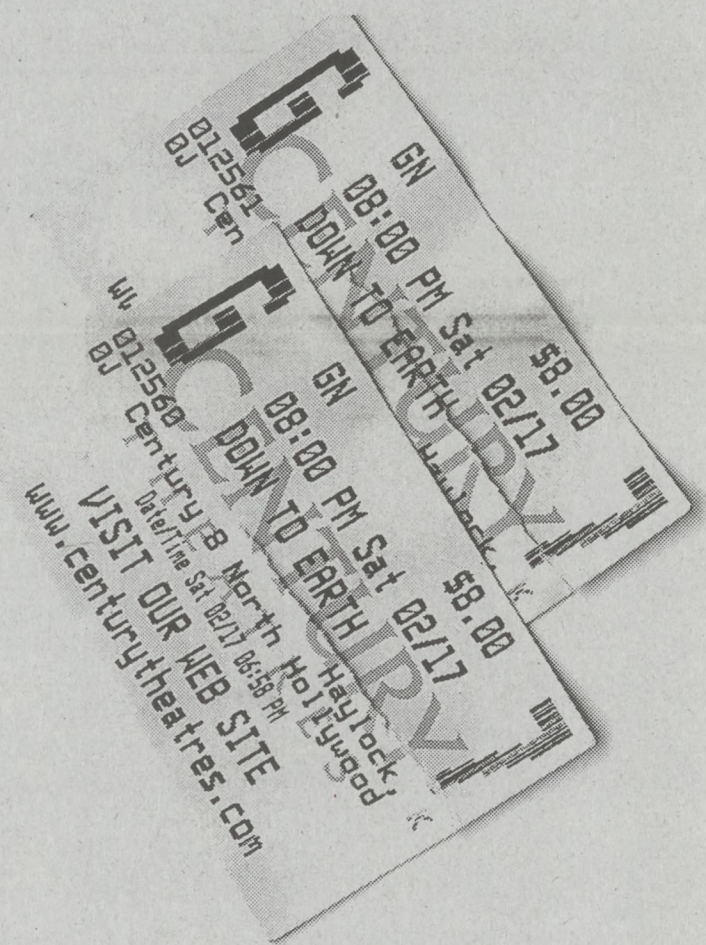
There are, however, solutions that can satisfy the weary wallet:

A music CD that isn't commercially successful usually ends up in a bargain bin at a reduced price. Why shouldn't this apply to unsuccessful movies? A theater should wait two weeks to see how a film grosses in the box office and judging by the negative response, reduce the price. Perhaps then an audience would attend for the fun of it. It would seem a much better alternative than keeping it running to a half empty room.

Almost all theatres have bargain matinee times and the majority of them respect the student discount rule just by showing school identification. There are also discount theaters that run the same films shortly after they are taken out major Cineplex for those who enjoy the theater experience without the absurd prices.

Making ticket prices more affordable via the internet is also a possibility worthy of considering, after all, on-line shopping has risen over the past few years. A shopper can purchase plane tickets at an incredibly discounted rate. Why not movie tickets as well? The appeal of avoiding theater lines would most likely be a tempting draw too.

Movie making has definitely become a lucrative business for movie studios and theater chains, but if the price gets any higher, movie goers might stop going to the movies frequently. The losers, in the end, will most likely be them.



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CampusView

If marijuana were legal,
would you use it?



I would smoke it once in a while to relax. If it was legalized it would decrease the number of arrests for drug possession.

Edward Aragon, 23,
Broadcasting major



I don't smoke, but it should be legalized because it relieves stress and makes you feel good. People shouldn't go to jail for drugs.

Maryam Sesay, 18, Pre-med



If it was legalized, I would be smoking it all over the place. I would be doing it in public and in my car on the freeway.

Tala Ioapo, 21, Aviation major



I don't smoke marijuana, but if it helps people then it's okay.

Rocio Campos, 21,
Architecture Major

Samantha Kuppig/Valley Star

Smalltalk

Drug War under fire

Fight or surrender?

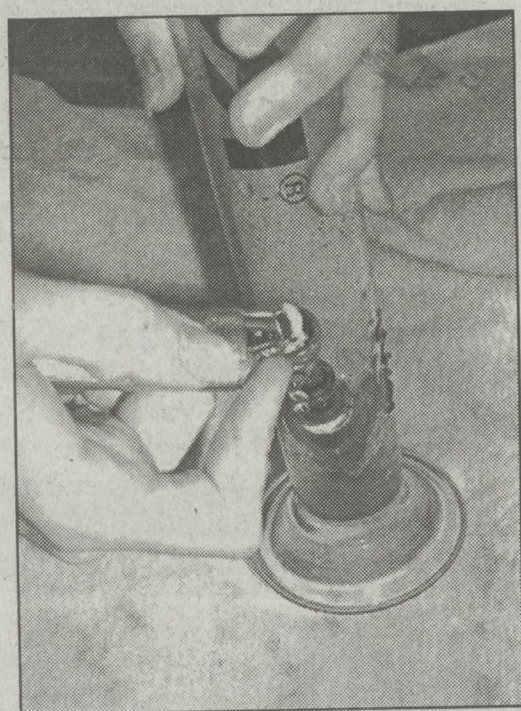
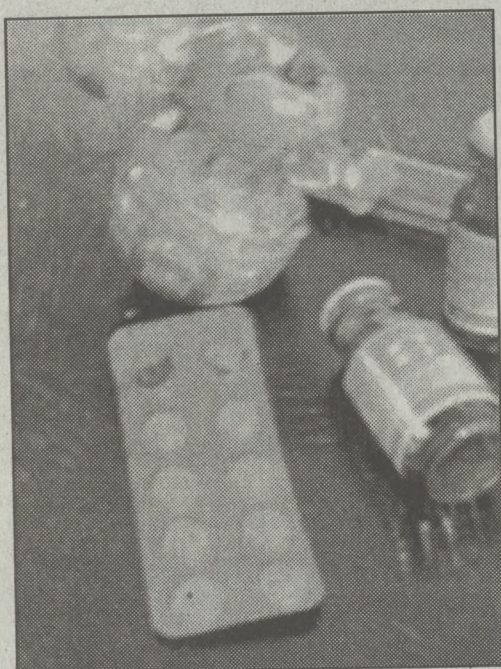


Photo Illustration by Samantha Kuppig/Valley Star

Sotivear is watching a bootleg version of "Traffic" all alone on a Friday night with a bag of Gummi bears and an ice cold bottle of Canadian Dry Ginger Ale when his friend Rogelio opens the door, follows the trails of gummi bears to the living room where he finds Sotivear sitting among a tower of bootlegs

Sotivear: Hey Rogelio, I just finished watching this movie "Traffic." It's pretty awesome. I never looked at drugs and its widespread influence on our society like that before.

Rogelio: I saw it too, but in a theater. And you know, I totally agree with the message of the movie.

S: The message that drug trafficking is a widespread phenomenon that has infiltrated many facets of our society.

R: It's ridiculous how many millions of dollars are spent annually trying to stop it when the war on drugs is completely futile. The government should realize that the war on drugs is a lost battle.

S: Rogelio, are you a druggie?

R: No, that's not what I mean. What I'm trying to say is that the cartels of Mexico, Columbia, and France are all too powerful to be stopped by these stupid laws.

S: OK I understand what you are saying. These cartels have unlimited funds to produce and smuggle their drugs across our borders and our government agency can in no way match their efforts.

R: We spend hundreds of millions on drug prevention when the reality is that our efforts won't even make a dent into the flow of drugs crossing our borders and entering our barrios. They should just legalize drugs.

S: Rogelio if you are using drugs you can tell me.

R: You have been eating too many of those gummi bears. Maybe when mixed with the ginger ale it creates a dangerous by product that made you dumber.

S: Let's get back to the subject. I agree with you that this so-called war on drugs has done little to stop the availability of drugs on our streets. But is legalizing

drugs the answer? That would merely lead to different problems and make the pre-existing ones worse.

R: The use of drugs needs to be legalized in the U.S. All of our past efforts to abolish illegal narcotics have failed to accomplish a drug free America.

The fact of the matter is drugs are not going anywhere. We need to come up with solutions that regulate drug use not abolish them.

S: How can you think that Rogelio? Many people's lives have been destroyed by drugs. They have either lost loved ones through drug abuse, in prison for possession, or stuck in an endless cycle of addiction. These are the problems in society that we should concentrate on.

R: This idea may sound drastic, but like the old cliché goes "drastic times call for drastic measures." Regulation is a lot more feasible than abolishment and it's a lot less cost efficient.

S: I agree that drastic changes need to be made, but regulation is not the solution

R: The U.S has spent millions of dollars on drug prevention that have all shown little or no progress.

If we decide to regulate drug use we would be able to track the flow of narcotics that will all but eliminate the sale of drugs to minors, much like alcohol laws do.

Most importantly, however, regulation will prevent the drug cartels from growing.

S: Furthermore, Rogelio, drug addiction is a disease and should be treated like an illness with rehabilitation clinics and counseling. Our society's method of late has been to put drug offenders in jail. What a cure! Our prisons are overflowing with non-violent drug offenders who are serving longer sentences than rapist and murderers. Does that seem right to you?

To lock someone away for five to ten years for having a few grams of cocaine or ecstasy doesn't solve the problem, it's the equivalent of sweeping the dirt under the rug.

Recently laws have passed which would help drug offenders rehab rather than waste away in prison and come out in worst condition than they went in.

R: Drug use in the U.S is a billion-dollar industry. Narcotics constitute for a substantial number of violent crimes in this country, all of which are funded in one form or another by the people who man-

ufacture and smuggle them into the country. The drug czars who produce the drugs are constantly in competition with one another usually ending in bloodshed.

S: Instead of wasting the millions of dollars trying to put an end to drug trafficking the money should be relocated into areas where the money is of more use.

Such as into improving our education system and social programs that will teach our youth that there is an option to crime and drugs. And I'm not talking about expanding the D.A.R.E. program.

Programs that will help kids stay in school and get them interested in things other than drugs and gangs. My anti-drug growing up was sports. Sports kept me occupied after school and during the summers.

R: That's exactly what we are doing now and it doesn't work !!!

S: Socially it is known that drug use is more rampant in poorer neighborhoods. By giving people more options in life they will be less likely to fall to drugs for escape.

These low-income neighborhoods are seriously lacking in facilities for these young impressionable minds where they can stimulate their minds.

R: By legalizing drugs and regulating them we can take the money earned from the drug cartels and stop them from growing.

S: The money should be invested into creating program targeted at kids. Keep them occupied and they won't have time for drugs.

These funds can be put to use to improve education and help those struggling to break their cycles of addiction for good. Then there are the people who use drugs socially--where the use of the drug doesn't cause their life to fall apart. I'm talking about marijuana.

The drug you can get almost anywhere these days and used without guilt by a growing number of Americans. I think the government should loosen its laws against such a drug which is shown to have many medicinal uses. But that's another issue for another time.

R: Wow Sotivear I never knew you had so much to say.

S: Well you know there is not much else to my life than eating gummi bears and watching bootlegs, so that leaves a lot time for me to contemplate issues such as the origin of man and his purpose in this world.

Letters to the ValleyStar

Dear Valley Star,

Of course the first thing to be fixed is what makes money!

Regarding Ingrid Molina's article on our new cafeteria. Who has ever heard of "Mean Gene's Burgers?" Suddenly, a WWF announcer has his own restaurant at Valley College. Seeing black and yellow checkered cups litter the campus everyday divides us into two groups: those that care and those that don't.

Phil Feldman
Major Undecided

ReaderChallenge

A challenge to Valley Star readers to write in about this week's Reader Challenge topic:

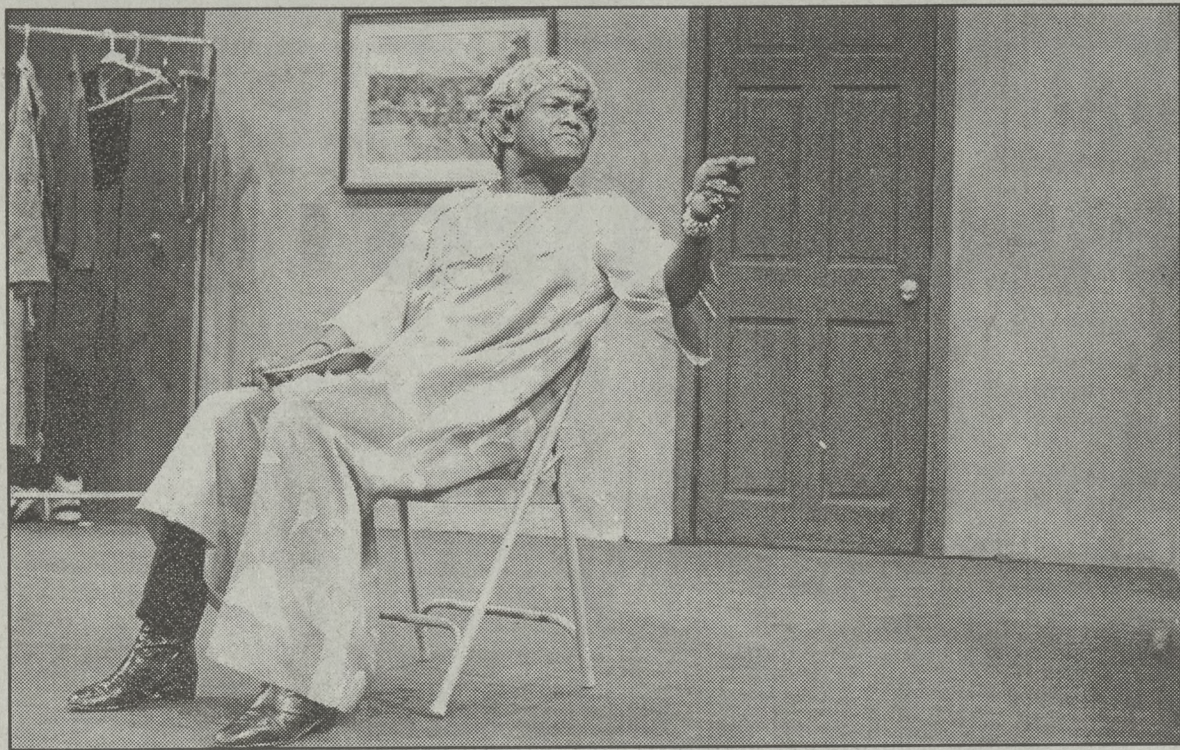
Have you ever lost a family member or friend to drugs?

We would like to know what you think so drop us a line at:

Valley Star
Los Angeles Valley College
Journalism Dept.
5800 Fulton Avenue
Van Nuys, California 91401

Or you can e-mail us at:

www.stareitorsLAVC@hotmail.com



Randahl Fitts/Valley star
Randy Saint Martin, who performed and directed *Color Me Black*, performed in the little horseshoe theatre to celebrate Black Heritage Month.

Color

CONT'D FROM PAGE ONE

Zarina Henderson said.

In the third vignette, Saint Martin metamorphosed into a corporate, established executive, complete with Rolex watch, Brooks Brothers suit, black wing tips, and BMW. This character tries to take the executive Jane to lunch, with flattery of his finest attributes.

"I look forward to seeing more one-man shows; the whole experience is amazing," Robert Nelissen said.

The fourth vignette again started with a change. Saint Martin dressed in drag as a fortuneteller, Sister Magnolia. The story depicted Sister Magnolia giving a love potion to a customer who wants to get his cheating wife back.

"It was very funny, entertaining and I look forward to seeing one-man shows again; I give it a 10 and thumbs up," Anthony Richardson said.

The final vignette opened with Saint Martin dressed as a Baptist minister, who breathes fire and brimstone into the congregation. His deep singing voice filled the

theatre with energy and the music played on and the audience was cheered on to take part in the celebration.

The creation of man is done with Saint Martin bent down and showing the Lord taking sand and breathing life into Adam. Hand clapping exhilaration sent the audience out with a sense that they had shared in Saint Martins talented interaction.

Each character came off in real life action, and distinct from each separate vignette.

"The show was great; it kept my attention," Ashley Dunn said.

"Color Me Black" ended the month long celebration of Black Heritage Month. The Associated Student Union, the Office of Student Services, the African-American Studies Department, and the Black Student Union held several events in February, including the African-American Arts Festival and a lecture highlighting black history in Los Angeles featuring speaker Dr. Genevive Shepherd.

For the Record

A photo that ran above the Campus Crime Watch, March 1, was not related to the story about the bathrooms that were set on fire. The Valley Star would like to clarify that the person depicted in the photo is not connected to that crime.

The name of Jason Neal was misspelled in the Campus View in the March first issue.

Got News?

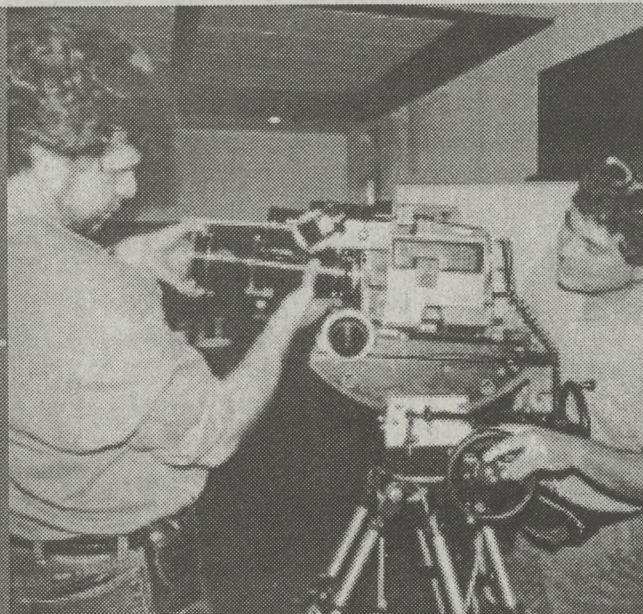
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us at Valley Star
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Do you have an opinion?

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- ★ *Thirty Something*
- ★ *Who Framed Roger Rabbit*

CALIFORNIA STATE UNIVERSITY
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Nutrition

CONT'D FROM PAGE ONE

they offer two subs with only three and one-half grams of fat. That is without the cheese.

Some high fat items to look out for are hot dogs, chicken strips, french fries and hamburgers, Polak-Recht says.

Fourteen french fries contain 11 grams of fat, according to the Department of Agriculture's Daily Guide 2000. Combine that with the fat of an average fast food cheeseburger, which Polak-Recht says has about 33 grams of fat depending on the weight of the burger and the sauce, and a person has consumed 44 grams of fat in one meal.

No more than 30 percent of a person's total daily caloric

intake should come from fat calories, according to the Department of Agriculture. One gram of fat contains nine calories; a gram of protein or carbohydrate only has four.

The department and Polak-Recht agree that no more than 10 percent of the 30 percent should consist of saturated fats.

These are fats derived mainly from meat and dairy products and a few vegetable fats such as coconut, palm and palm kernel oils.

If a person is on a 2000 a day calorie diet, then 44 grams of fat would come up to about 22 percent of allowable fat grams for the day.

Saturated fats can raise chole-

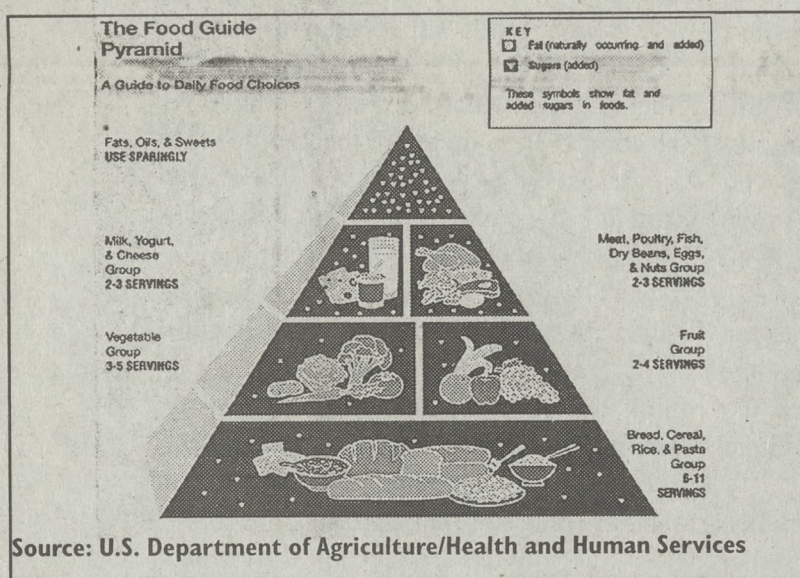
sterol levels and increase the risk of heart disease, according to the department.

Food service manager Mary John says that their hamburgers are 100 percent beef and are charbroiled, not fried.

"We don't make it 'til you order it," she says. Customers can request that dressings and cheeses be omitted from menu items.

Polak-Recht says that cafeteria choices can be contingent on budget, and larger universities usually have more extensive menu selections.

"It's enough to satisfy the needs of a student in a hurry," she says.



FLOWERS

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Campus

College

UC Riverside, CSU Dominguez Hills, CSU Northridge, and CSU Los Angeles are still open for Fall 2001 applications. Go to Career/Transfer Center for information, Administration Building room 126.

Job Shadow Day 2001

See what it's like to work in an occupation that interests you by spending half a day at a leading local company or organization, shadowing someone in that line of work

Interested students must attend one of the orientation sessions in Career & Transfer, Administration Building, room 126.

Orientation Dates
Thur., March 8@ 1:00 pm
Mon., March 12@ 1:00 pm
Wed., March 14@ 12:30 pm

For more info contact Wendy (818) 947-2646 Career /Transfer Center

Schedule of College Reps.

UC Berkeley
March 28, 9-12
UC Los Angeles
March 19, 9-12
UC San Diego
March 13, 9-12
CSU Northridge
March 19, 10-1
CSU Dominguez Hills
March 15, 10:30-1
CSU Los Angeles
March 27, 10-2
Northern Arizona Univ.
March 15, 10-1

Appointments at Career/Transfer Center

Sports

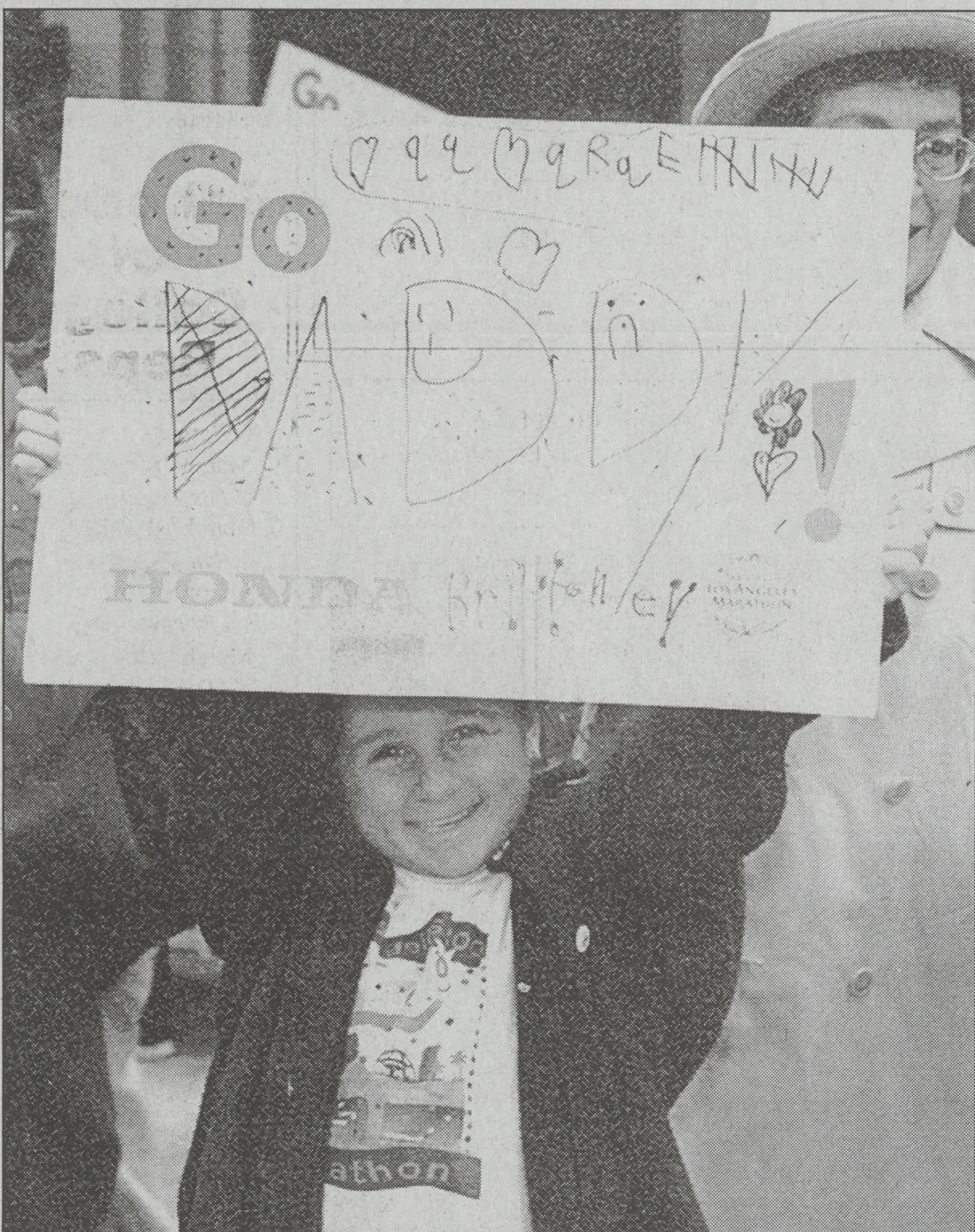
Baseball
March 10 vs. Citrus College at 1:00.
Track and Field
March 9 Western State Conference meet at 2:00
Softball
March 10 vs. Bakersfield at 12:00

Clubs

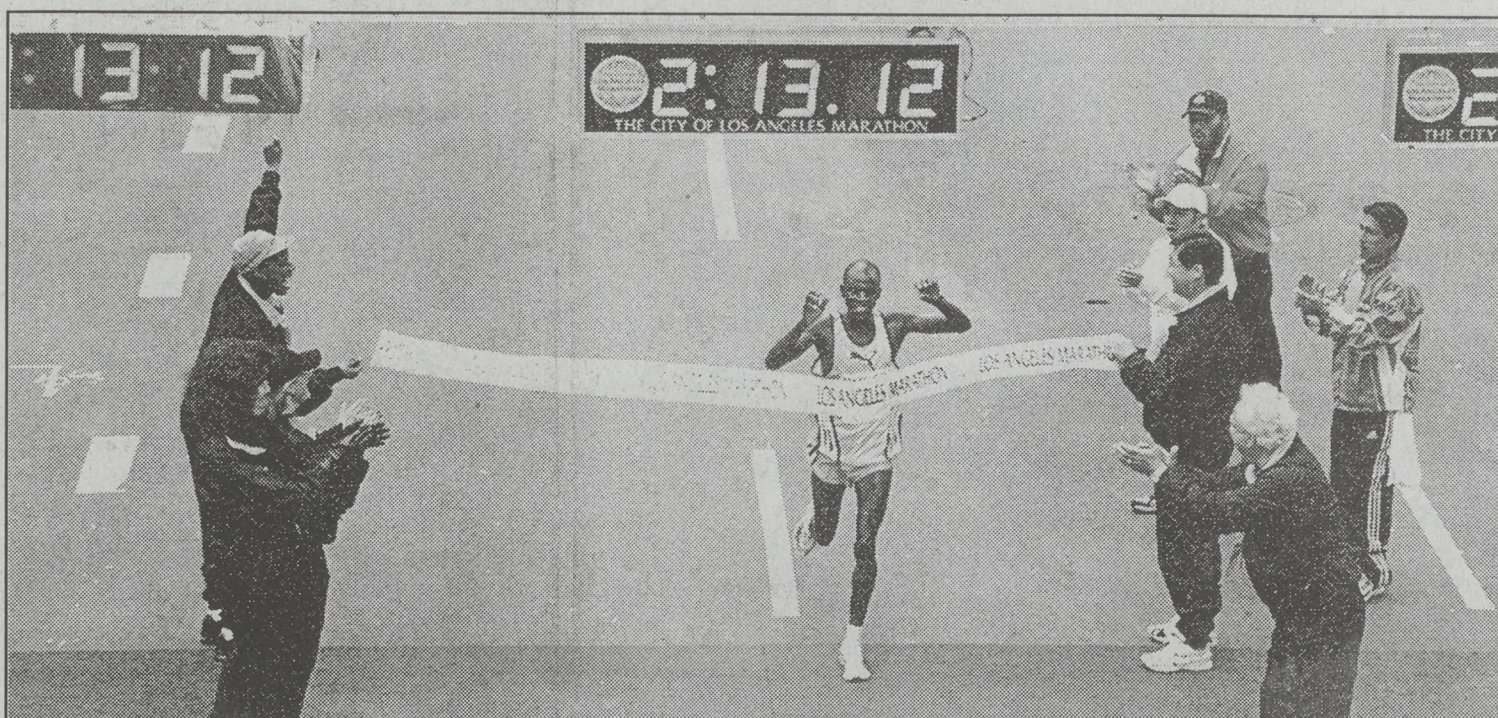
The Armenian Student Association will host an event in Monarch Hall with food and live music where they invite other cultures to come and explore Armenian culture. March 15, 6p.m. at Monarch Hall

Mecha meets on Tuesday and Thursday in the Foreign Language 111 from 11-2

Los Angeles Marathon XVI



Salvador Aguilar/Valley star

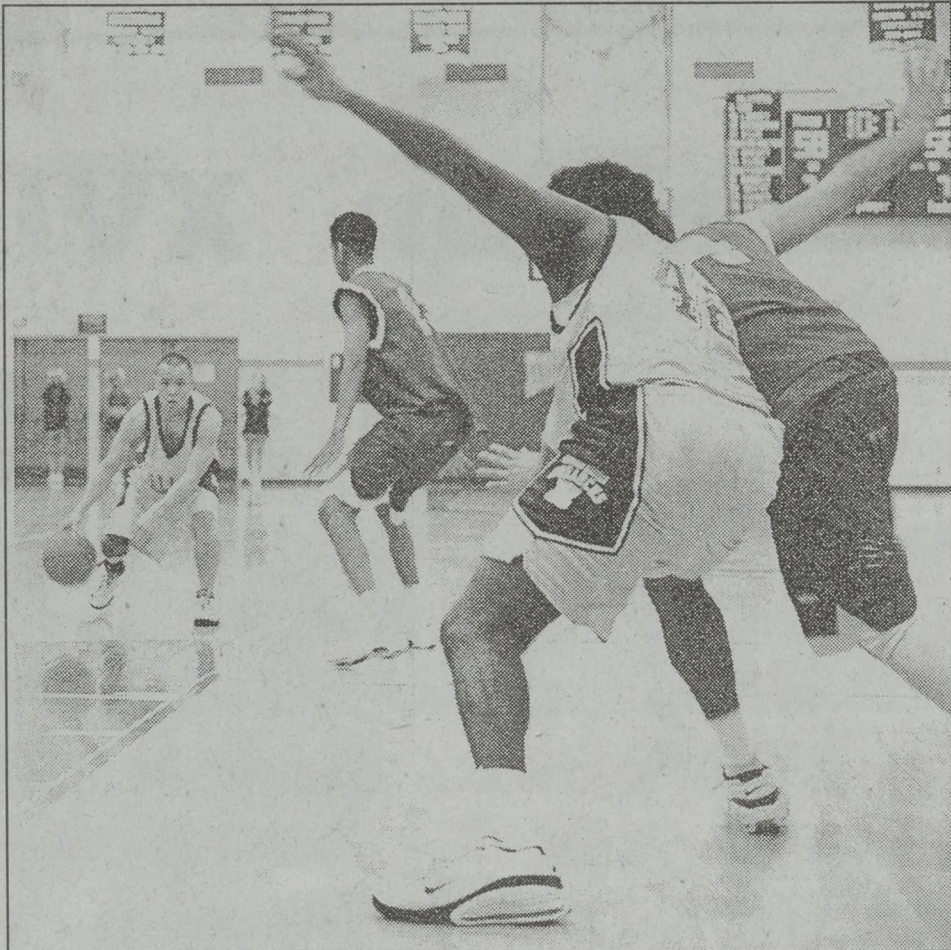


Runners from around the world converged in Los Angeles to race in the city's sixteenth annual marathon. The contest drew over 21000 racers from young to old, novice to professional. The 26.2-mile race snaked through the city from downtown to Hollywood to Korea town to Exposition Park and back to downtown for the finish.

Many sprinters received encouragement from bystanders on the long run ahead of them. Pain was no stranger to many as they held theirs till they crossed the finish line where help was only a few feet away and the medal that said that they had ran and finished the marathon.

The game is tied at 58 against Fullerton College when point guard Song Cun tries to deliver the ball to Nate Wilson in the low post. The Monarchs went on to beat Fullerton 84-80 and advanced to the third round, where they eventually lose to Moorpark 84-74.

Randahl
Fitts/Valley star



Hoopstars

CONT'D FROM PAGE ONE

Washington who finished the game with five points.

The Monarchs made it to the regionals by pulling out a 58-57 victory over Pasadena College in the first round. Leading the way for the Monarchs was Washington, who scored 15 points off the bench. As the team moved on to the second round the Monarchs found themselves in another nail bitter, this time using two late free throws from Damarcus Ellis to seal a 84-80 victory over Fullerton

College. "It doesn't matter how you win in the playoffs, any team is capable of beating anyone," said point guard Song Cun, who lead the team with 15 points and 4 of 6 from the three point line.

Down 46-31 at half against the Raiders, the Monarchs tried to make a run in the second half, but every time they did Montgomery would hit a shot to stop any chance. The bright spot in the loss for the Monarchs was Isaac Brooks, who scored 19 points and pulled down 12

rebounds. "This team has nothing to be disappointed about our sophomores won 49 games, two conference titles and played the two of the best years Valley has seen," said head coach Doug Michelson.

The Monarchs finished the season 23-12, winning their second consecutive Western State Conference title. "We have a solid nucleus of freshman coming back next season, two which made all conference this year," said coach Michelson.

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